

### Evidence-Based Program Information

Program Name	Functional Family Therapy (FFT)	Multisystemic Therapy(MST)	Thinking for a Change(T4C)	Aggression Replacement Therapy (ART)
<b>Program Description</b>	Short term, high quality intervention program over 3-4 months. Strength based-provided in home usually. Concentrates on decreasing risk factors and increasing protective factors with emphasis on familial factors.	An intensive family and community based treatment program that focuses on addressing all systems the impact chronic and violent juvenile offenders.	An integrated, cognitive behavioral change program for delinquent youth. Includes cognitive restructuring, social skills development, and problem solving skills development.	A cognitive behavioral intervention program to improve social skill competence, improve moral reasoning, teach anger management, and reduce aggressive behavior.
<b>EBP Status</b>	EBP- Exemplary	EBP- Exemplary	EBP- Exemplary	EBP- Exemplary
<b>Target Population</b>	Youth, male or female, ages 11-18 that high risk/need levels and are in the home. Youth with mental health issues can be served by this program.	MST targets chronic, violent, or substance abusing male or female juvenile offenders, ages 12 to 17. Youth with serious mental health problems cannot be served.	Delivered to small groups in either community or facility settings. Program available for both youth and adults	Youth, male or female, ages 11-17. Program has been adapted for adults. It is used for youth with delinquency and mental health issues.
<b>Program Costs</b>	This is a contracted (RFP) service-costs around the country range from \$45-\$54/day/slot	This is a contracted program and is currently costing \$58/day/slot	Training costs are for the trainer as the curriculum and program tools are free from NIC.	\$3,250/ participant with a minimum of 12 participants + trainer costs. Training for Trainers is available.
<b>Community or Facility Based</b>	Community based service provided in the youth's home	Community based service provided in the youth's home	Community or Facility based.	Community or Facility based.
<b>Staff Qualifications</b>	Licensed clinicians trained in the FFT Model	Licensed clinicians trained in the MST Model and certified by MST, Inc.	Trained facilitators-correctional counselors and probation officers.	Trained facilitators-correctional counselors and probation officers
<b>Outcomes</b>	Multiple studies have shown recidivism reduction of 30-60% with delinquent youth and reduction in out-of-home placements.	Multiple studies show reductions of 25-70% in long-term rates of re-arrest, reductions of 47-64% in out-of-home placements, increased family functioning.	Multiple studies have shown recidivism reductions of 30-50%, increased school retention and reduced substance use.	Studies have shown recidivism reduction of 20-30% and decrease in anger issues.
<b>Other states utilizing program</b>	Oregon, Iowa, Texas, Florida, New York, Illinois, Pennsylvania and Washington	Oregon, Colorado, S.C., Washington, Louisiana, Florida, New York and others	Colorado, Minnesota, Florida, Ohio, N.C., Kansas, and Vermont	Washington, Ohio, Texas, Oregon and New York
<b>Georgia Providers</b>	The national FFT site lists no Georgia providers at this time.	The only licensed provider currently in Georgia is Community Solutions, Inc.	This training is provided by the National Institute of Corrections- Academy Division.	Training by the program developer: Barry Glick, Ph.D. G&G Consultants, LLC 106 Acorn Drive Scotia, NY 12302 Phone: 518.399.7933

<b>Program Name</b>	<b>Dialectical Behavioral Therapy (DBT)</b>	<b>Girls Circle</b>	<b>Living in Balance</b>	<b>Restorative Group Conferencing</b>
<b>Program Description</b>	A therapeutic model designed to use with clients with serious trauma experiences and/or borderline personality disorder. DBT provides support while working to modify behavior.	A strengths-based support group that addresses the unique needs of girls by integrating relational-cultural theory, resiliency practices, and skills training to increase positive connection, strengths, and competence.	A comprehensive, group- and individual-oriented addiction treatment program used in outpatient or residential settings.	A restorative group conference is a process that seeks to identify, repair and prevent harm, based in restorative justice values including meaningful accountability
<b>EBP Status</b>	EBP-Effective	EBP- Effective	EBP- Promising	EBP- Effective
<b>Target Population</b>	Clients with serious trauma, mood disorders, sexual abuse history.	Girls ages 9–18- diverse female populations	Adult and juvenile populations/	Adult and juvenile populations/
<b>Program Costs</b>	DBT is offered by Licensed professional counselors trained in DBT. Costs are for individual or group therapy.	Costs are in training facilitators of the program- \$295.00 per trainee includes all curriculum and training aides.	\$495. per individual trained- includes all curriculum and training aides.	There are no program costs at this time other than coping training materials...DJJ has trained trainers
<b>Community or Facility Based</b>	Community or Facility based.	Community or Facility based.	Community or Facility based.	Community or Facility based.
<b>Staff Qualifications</b>	DBT is offered by licensed professional trained counselors/therapists that have been trained in DBT.	Trained facilitators- correctional counselors and probation officers	Client sessions are facilitated by addiction professionals who are trained to provide addiction treatment.	Conferences are held by trained facilitators- probation officers or correctional counselors.
<b>Outcomes</b>	A meta-analysis found that DBT reached moderate effects. Research indicates it is also effective in treating clients with mood disorders, including self-injury. It is also effective with sexual abuse survivors and chemical dependency.	Studies have shown the program have shown statistically significant improvement for girls in four long-term outcomes: 1) self-harming behavior, 2) alcohol use, 3) attachment to school, and 4) self-efficacy.	Research has shown pronounced decrease in substance use and increase in pro-social life skills.	Recidivism reduction of 20-45% has been demonstrated in a number of studies and victim satisfaction with conferencing outcomes has ranged from 80-95% well satisfied.
<b>Other states utilizing program</b>	Used throughout the United States	Texas, Washington, California	Texas and New York	Georgia, Florida, Texas, Ohio, Colorado, Illinois, Pennsylvania, and other states
<b>Georgia Providers</b>	There are a number of providers in Georgia. A full list can be obtained at <a href="http://www.dbtselfhelp.com">http://www.dbtselfhelp.com</a> by using their provider directory.	Training is available through the One Circle Foundation: <a href="http://onecirclefoundation.org">http://onecirclefoundation.org</a> Phone: (415) 419-5119 Email: info@OneCircleFoundation.org One Circle Foundation 734 A Street, Suite 4 San Rafael, CA 94901	Training and curriculum including facilitator guide are available from <a href="http://www.livinginbalance">http://www.livinginbalance</a> The curriculum can be bought from: Hazelden Publishing and Educational Services Phone: (800) 328-9000	Training can be provided by DJJ staff or other trained facilitators.

Program Name	Evening Reporting Centers	School Based Supervision	7 Challenges
<b>Program Description</b>	An alternative to detention program. Youth with non-violent offenses avoid detention while awaiting court. Youth are taken from school and directly to the ERC where they remain from 4 - 8p.m. weekdays. Services include academic assistance, life skills training and enrichment activities.	School based supervision is defined as case management of youth on court ordered supervision by juvenile probation officers placed in local schools with caseloads composed of students assigned to that school.	The program is designed for youth with drug problems, to motivate a decision and commitment to change - and to support success in implementing the desired changes. Program helps young people address their drug problems as well as their co-occurring life skill deficits, situational problems, and psychological problems.
<b>EBP Status</b>	EBP-Effective	EBP- Gold	EBP- Exemplary
<b>Target Population</b>	Youth with non-violent offenses pending court.	Youth under juvenile justice supervision enrolled in school	Youth ages 12-17 with substance abuse and co-occurring disorders.
<b>Program Costs</b>	This is a contracted program and is currently costing \$98/day/slot	This is cost neutral as staff are supervising assigned JJ youth.	Training costs are averaged at \$60,000 per site
<b>Community or Facility Based</b>	Community Based	Community based	Community or Facility based.
<b>Staff Qualifications</b>	Staff trained in youth development strategies.	Trained Juvenile Probation Staff with training in Restorative Practices.	Client sessions are facilitated by addiction professionals who are trained to provide addiction treatment.
<b>Outcomes</b>	Youth are successfully maintained in the community pending court and thus save dollars through use of the detention alternative. Studies have shown a reduction in recidivism of 10-18%.	<ul style="list-style-type: none"> <li>• Decrease in Truancy <b>21%</b></li> <li>• Decrease in Tardy rate <b>34%</b></li> <li>• Decrease in suspensions and expulsions <b>13%</b></li> <li>• Decrease dropout rate <b>11%</b></li> </ul> <p>Successful prevention strategy for diverting new school referrals to the Juvenile Courts</p>	Studies have proven that The Seven Challenges as a "co-occurring" program that significantly decreases the substance use of adolescents and greatly improves their overall mental health status. Data shows the program has been especially effective with substance abusing youth with trauma issues.
<b>Other states utilizing program</b>	Illinois, California, Pennsylvania, Texas and Iowa	Pennsylvania, Colorado, New York, Illinois, Arizona, California	Used in 35 States by more than 300 agencies.
<b>Georgia Providers</b>	Evening Reporting Centers are being operated by court personnel and by S W Key Programs. S W Key 6002 Jain Lane, Austin, TX 78721 Phone: (512) 462-2181 <a href="http://www.swkey.org">www.swkey.org</a>	This program is traditional done by probation staff. DJJ and Clayton Juvenile Courts are both currently providing school based probation services.	Information on Seven Challenges can be found at <a href="http://www.sevenshallenges.com">www.sevenshallenges.com</a> and DBHDD has a trained group providers list for Georgia.